

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

February 2017

South Palm Beach Edition - Monthly

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**WHY DO SO MANY  
MEN AND WOMEN  
EXPERIENCE EXCESSIVE  
SHEDDING IN FEBRUARY?**

**A NEW APPROACH  
TO RELIEF OF NECK PAIN**

**SENIORS  
AGING IN PLACE**

**PAIN MANAGEMENT  
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### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
[sybil@sflhealthandwellness.com](mailto:sybil@sflhealthandwellness.com)

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
[bryan@sflhealthandwellness.com](mailto:bryan@sflhealthandwellness.com)

  
**BERRYMAN**  
 Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)

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# DO YOU HAVE A PROBLEM WITH ALCOHOL OR DRUGS?

By Ashley Miller, M.Ed, LMHC, CAP



Chances are, if you think you have a problem with alcohol or drugs (prescription or recreational), you probably do. Honestly answer these questions to help assess your situation:

1. *Have you felt you ought to cut down on your use?*
2. *Have people annoyed you by criticizing your use?*
3. *Have you felt bad or guilty about your use?*
4. *Have you ever used first thing in the morning to steady your nerves or to get rid of a hangover?*

If you answered “yes” to two or more of the above questions, it suggests you have a substance use problem. More important than the number of “yes” responses is how you feel and how your behavior affects your life.

Many people do not get the help they need since their feelings of worry, hopelessness, fear, guilt, and shame prevent them from reaching out to professionals who can help them. Facing up to the fact that you might have a problem takes courage. Deciding to take control and get some help is a really brave move, and if you do feel you have a problem, getting help can be the best thing ever. The easiest and quickest way to get help is to talk to someone about it. The sooner you talk to someone about what you’re going through, the sooner things will start to feel a bit better. Fortunately, getting the help you need is as simple as making a confidential phone call to an addiction professional who can offer support and insight into your individual needs.

Recovery from addiction is possible. At Origins of Hope we specialize in creating a women centered treatment program that focuses on the individual. Through our holistic approach, we help heal the entire person, mentally, physically, and spiritually. Our interdisciplinary staff works closely with each patient to help overcome addiction and inspire hope.

## WOMEN CENTERED

Women are unique in so many ways and treatment is no different. Our treatment program is women centered and focuses on the distinct needs of women in addiction recovery. The atmosphere at Origins of Hope, characterized by support, acceptance, and hope, is the foundation that provides our client’s the ability to work through challenges productively. We recognize the special traits that women possess and encourage strategies and skills that highlight those traits and strengthen healing. Since women frequently become dependent on substances to seek relief from painful emotions, we teach women ways to calm oneself through self-soothing techniques and sharing with others to replace destructive ways of coping.

Our comprehensive approach addresses the physical, psychological, emotional, spiritual, and sociopolitical aspects of addiction. We provide specialized treatment services and offer an array of resources to help with specific issues experienced by women including child care, parenting, domestic violence, housing, etc., to help women overcome barriers that may prevent them from engaging in treatment.

Ashley Miller, a Certified Addictions Professional, is the Clinical Director of Origins of Hope, a premier treatment program for women. Utilizing holistic & evidence-based methods, OOH aids women in developing the skills necessary to overcome addiction and establish a solid foundation in recovery.



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# SENIORS AGING IN PLACE



**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option

## **AGING IN PLACE PROVIDES A SENSE OF COMMUNITY**

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## **IT FIGHTS ISOLATION**

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the

University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.



**HOME HEALTH CARE CAN HELP**

For many families and seniors, home health care is a beneficial choice—a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

**HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:**

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals can assess safety risks and make simple corrections in the home—from placing a rug on a slippery floor, to recommendations for ambulatory assistance.
2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social



activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.
8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD
9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the Cleveland Clinical Journal a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

**OUR PROMISE**

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

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# Why Do So Many Men and Women Experience Excessive Shedding in February?

By Dr. Alan J. Bauman



When your body thinks it's starving, it doesn't make 'luxury' items like hair. This can be bad news for the millions of Americans who have spent the last month going to extreme measures to lose the pounds they packed on during the holiday season.

What many dieters don't realize is, the "crash" diets often seen this time of year are not only bad for your health, but they are bad for your hair. Caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair, including excessive shedding and thinning.

Each February hair restoration physicians see an influx of new patients seeking answers to the sudden hair shedding and thinning. What many of these patients don't realize is, the hair loss they are experiencing is a direct result of the diet they started four to six weeks earlier. Patients are not only surprised to learn that their diet is behind their hair loss, but many also falsely believe that hair thinning will stop as soon as the end their diet, which is a dangerous misconception. The effect of diet on your hair is proportional to an individual's risk for hereditary hair loss. For instance, for those who are genetically predisposed to male or female pattern hair loss, the crash diet may be the catalyst to an onset of symptoms and problems. For most people, nutrition-related hair loss is usually temporary, but be prepared, once the diet is stabilized, it can still take six to 10 months for the hair to return to normal.

It can be difficult to assess the root cause of sudden hair loss, it is essential for patients to consult a hair loss specialist, a board-certified hair restoration physician who can help assess the damage, choose a course of treatment if necessary, and track and monitor future hair thinning as well as their response to treatment.

The HairCheck device is one of the many tools used to determine the extent of damage to a patient's hair. HairCheck is a simple, painless, non-invasive way to measure and track the amount of hair growing in a given area of scalp (called your Hair Mass Index or "HairNumber"). The highly sensitive hand-held 'trichometer,' measures hair caliber and hair density together and expresses them as a single number, it can also measure the percentage of hair breakage, which is a common cause of hair loss. Tracking these numbers can help determine the extent and rate of a patient's hair loss and/or breakage and inform them of any changes over time. HairCheck can also be used to quantify the degree of hair breakage from harsh hair care regimens or extreme diets.



While the HairCheck and other tools allow doctors a better understanding of the damage a patient's hair has suffered, the best way to protect your hair is through preventative measures. And the simplest preventative action is a healthy diet, which gives your hair the vitamins and nutrients it needs. Eating a healthy, well-balanced diet with plenty of protein is important for maintaining healthy hair growth. However, in addition to protein, there are many other nutrients that are needed to maintain the

thickness, growth rate and healthy appearance of the hair strands. These include vitamins A, B and C, zinc and omega-3 fatty acids. For this reason, foods like fish, dark green vegetables, red meat and nuts are especially good for maintaining healthy hair.

To help stimulate healthy hair growth and reverse damage to your follicles, your hair may benefit from a boost to jumpstart the healing process. New FDA-approved low-level laser devices from LaserCap, Theradome and Capillus, when used as directed and worn regularly, have been clinically proven to regrow hair WITHOUT any drugs or side-effects. Another easy way to help the healing process is to take specialized nutritional supplements which can boost healthy hair growth and improve the overall quality and appearance of your hair. While taking a vitamin seems like an easy fix, it is important to do your homework, because not all hair supplements are created equal. Some good choices include BaumanMD Hair Vitamin Complex and Viviscal Professional, which contains Amino-Mar (sustainable shark cartilage) as well as high-dose medical-grade 10,000 mcg Biotin taken daily.

Nutrafol is another high-tech hair supplement that has promised to be helpful for shedding.

Just remember, how you eat can determine how healthy, or unhealthy, your hair is, so think twice before starting an extreme diet – or you might lose more than a few pounds.

## DR. BAUMAN'S NUTRITION TIPS FOR HEALTHY HAIR

- Iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair, while vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning.
- Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and Nuts, which are a terrific source of zinc, which can prevent hair shedding.
- Many women take calcium supplements to improve their health - but the same should also be true for hair supplements. Scientifically developed treatments like Viviscal Pro and Biotin actually create longer, thicker, healthier hair.
- Hair loss may be a sign of a serious medical condition so seek the advice of a hair loss specialist so diagnosis, measuring and monitoring can be performed.

### About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international



Alan J. Bauman, M.D.  
Hair Loss Expert

lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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# Are There Any **New Technologies For Fat Reduction?**



It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

**COOLSCULPTING®** has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called **SculpSure™** by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



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The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



#### **Medical Director, Daniela Dadurian M.D.**

- \* Board Certified Anti-Aging Medicine
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MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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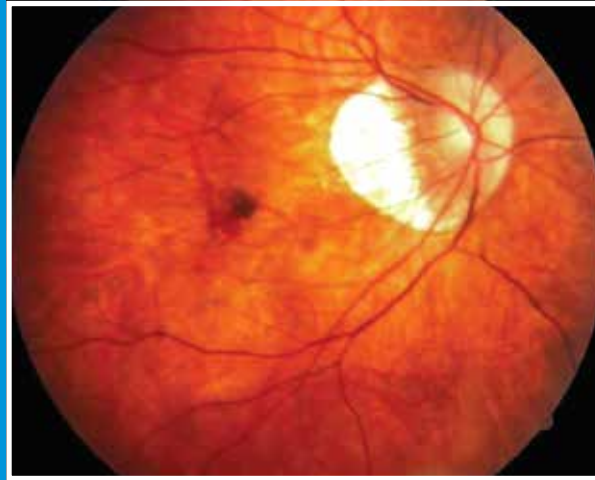
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# CHOROIDAL NEOVASCULAR MEMBRANES

By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

**C**HOROIDAL NEOVASCULAR MEMBRANES (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.



CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

## CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

## WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

## CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal

blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

## CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

## ANTI-VEGF TREATMENT

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before

the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

## THERMAL LASER TREATMENT

Another form of treatment for CNVM is with thermal laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.



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### Lauren R. Rosecan

M.D., Ph.D., F.A.C.S.

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# Can A Dental Implant Procedure Really Be Performed in 15 Minutes?

One of the most amazing developments in the field of dentistry is the dental implant. Dental implants are used to replace missing or broken teeth. This option truly can help a patient achieve both the appearance and function of teeth that have been lost. Advanced technology, called **Computer Guided Implant Surgery**, has now made the actual placement of the implant much less invasive leading to greatly reduced (if any) discomfort after the procedure.



In order to understand the procedure it is important to understand the dental implant itself. Very simply, a tooth has 2 parts: a root (that holds the tooth in the bone) and a crown (that is seen in the mouth). When a tooth is removed, an empty socket remains in the bone. A replacement root, called a dental implant, can be placed in this site. The implant itself is not visible in the mouth and over time becomes one with the bone surrounding it. A number of months later a connection can be added to the implant so that crown can be made (just like a crown is made on a tooth root) to complete the entire tooth.

## TRADITIONAL IMPLANT SURGERY:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the “width” and exact locations of important structures such as nerves cannot be determined.

CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses

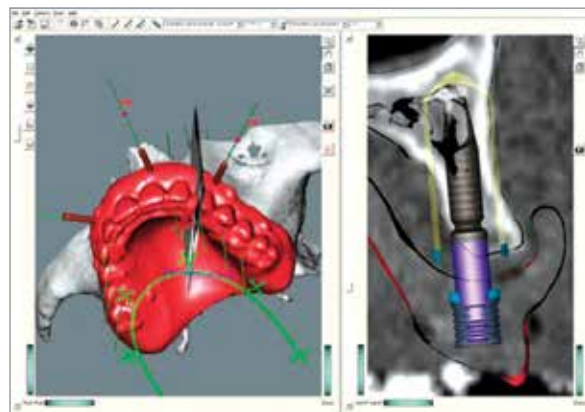
and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.

## COMPUTER CT GUIDED IMPLANT SURGERY:

Guided Implant Surgery allows your procedure to be “performed” in advance of the actual surgery. The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to “perform the surgery” and place implants within the 3D representation of your mouth in the safest and most ideal positions. These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients’ most frequent comments regarding this type of therapy. The answer is yes, dental implant placement can be performed in 15 minutes.



Lee R. Cohen, D.D.S., M.S., M.S.

*Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.*



*Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.*

*The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.*

*Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients’ cosmetic outcomes.*

*Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.*



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# Let's Talk about FEMININE WELLNESS

by Dr. Robin Sykes

Increasingly, women are learning that there is something that can be done for their "female problems". The number of procedures is increasing yearly, as women seek relief from symptoms of dryness, laxity, decreased libido, and urinary stress incontinence. Women are becoming more vocal about their issues, although there are many who still keep it to themselves because they are embarrassed to acknowledge the changes they are experiencing.

The loosening of the pelvic tissues is caused by an increase in tissue stretch due to aging, hormonal changes, and vaginal delivery. In fact, all women who have given birth vaginally experience stretching of their vaginal tissues; however, there are also many women having problems who have never delivered children.

Thermiva treatments can tighten and tone sagging, loose, and excess tissues in the vaginal and labial areas. This radio-frequency-based device is used to tighten the structures in the pelvic area, including the pelvic floor. The treatment can also help to reduce or eliminate urinary incontinence.

The treatments, usually three in number, are minimally invasive and have no down-time. There is no surgery, no incisions, no sutures, and takes about a half an hour per treatment session. There is no discomfort, just a feeling of warmth. No bruising or redness is expected. Patients can immediately go about their regular daily activities. Some people notice a very quick improvement in their symptoms, even within days to weeks.

The Thermiva treatment uses radio-frequency waves. It is very different from laser treatments to the area. With Thermiva, both internal and external structures can be tightened. There is no wounding or need for recovery time. There is no need for pain medications or antibiotics.

## HOW DOES THERMIVA WORK?

Thermiva treatments use temperature-controlled radio-frequency energy to gently heat tissues. The device allows precise monitoring of the treatment area, to prevent over- or under- treatment of the areas. The Thermiva treatments deliver controlled thermal energy to the desired areas, using the same technology that has been used for years to reduce the effects of facial aging. The complete Thermiva procedure includes three separate treatments over a period of three months. The procedures are performed in the office setting.

The best way to understand what these treatments can do is to hear from those who have had the treatments themselves:

### PATIENT TESTIMONIALS:

*"I am so relieved that now I have something I know can help me with my personal and intimate needs. This is definitely a life-changer that needs to get out to the world!" - Patient A12*

*"I threw away my pads!" - Patient J.K.*

*"I came in for one concern but was pleasantly surprised that I had an improvement in other areas." - Patient D119*

*"I don't fake it anymore." - Patient D117*

*"I did not tell my husband that I was getting it done. But he noticed that I was initiating intimacy more often. He finally just flat out asked what was going on. He is not so grumpy now." - Patient D112*



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**Robin A. Sykes, MD** is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



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# A NEW APPROACH TO RELIEF OF NECK PAIN



**F**ather Hallock Martin, had no idea a car accident from 15 years ago could cause such lasting effects. Fr. Martin is Rector of the Holy Spirit Episcopal Church in West Palm Beach. He explains he had been experiencing increasing neck pain and knew it would get worse. “I slept on a neck pillow, and that would help sometimes, but very often my neck would be sore”, Fr Martin describes. “It didn’t really limit my ability to participate in the things I was doing, but it was headed that way. I was beginning to experience more pain on a regular basis”.

Fr. Martin did not hesitate when his son recommended he contact Marc Weinberg DC. “I made the appointment and went. Dr Weinberg did an adjustment a time or two, then tested to see if the MCU was something that would help with my particular issue and it turned out that it was.” Explains Fr. Martin.

#### **THE MULTI-CERVICAL UNIT**

The MCU, Multi-Cervical Unit works to isolate and strengthen weak neck muscles. According to Dr. Weinberg, research indicates the MCU is the absolute best way to strengthen the neck.

It’s the missing piece of traditional neck pain care, and a must to treat neck weakness.

“Starting in the 1990s, a fair amount of research came out. The research showed that neck weakness leads to neck pain, and you need to address the neck weakness first in order to treat the pain,” explains Dr. Weinberg. “If someone gets into a car accident, or has ongoing repetitive motion, micro-trauma (from keeping their head down all the time) they start off with some neck discomfort. The muscles become inhibited, and that weakness leads to more pain, which leads to further weakness: It’s a vicious cycle.

Research reveals that patients who are treated with the MCU typically experience far better success rates with more permanent relief than those who opt for traditional therapies alone. It is a priceless asset in the diagnosis and treatment of neck pain.

The MCU is the most comprehensive cervical spine evaluation and rehabilitation system in the world. It provides a thorough and objective evaluation of the cervical spine (the neck) and its related muscles. It then prescribes a series of neck-strengthening exercises to resolve the underlying cause of your neck pain. Unlike massage, acupuncture and decompression, which do nothing to strengthen muscles, the MCU offers a restorative approach.

#### **HERE’S HOW IT WORKS:**

The MCU is a digital system that evaluates and records the patient’s cervical spine movement and isometric strength. Evaluations take about 45 minutes to perform.

The patient’s strength and range of motion is accessed, and a report is generated.



The MCU recommends a therapy program precisely tailored to suit the patient's needs

Strengthening sessions last 20-30 minutes and are conducted 3 times per week for only 6-12 weeks.

The amazing part of the MCU, it can detect the presence of weakness in any neck muscle group. It can pinpoint the location and then strengthen the muscle(s) thereby allowing the inflamed tissues, like bulging or herniated discs, swollen facet joints, overused muscles and even areas of stenosis to "quiet down" and heal, thus alleviating neck pain. Along with a thorough examination, the MCU can also determine if neck weakness is not the cause of your neck pain and is a comprehensive evaluation to help determine if the MCU treatment will be beneficial to each patient. In Fact, Medical Research shows that 75% of people with chronic neck pain, from any cause, will get significant relief of their pain simply by strengthening their neck with the Multi-Cervical Unit.

Dr. Weinberg notes that the MCU is not the sole treatment used, but rather a key component of a customized treatment plan.

Fr. Martin agrees the MCU evaluation and treatment is simple and effective. "It's like any exercise machine, but it focuses on your neck", he describes, "it is completely painless". Fr. Martin continues to explain the process, "They start you out at a very light weight and as the muscles build, you gradually build up (weight). You go through the regimen 3x/week for about 9 weeks, and you are tested on a regular basis through the process. When it's all said and done, the doctors suggest some simple isometrics on a regular basis to maintain the neck strength that has been built up."



Fr. Martin is pleased with the results of his treatment, "I do not have the neck pain that I had, I can stand for longer periods of time and I have no pain. I am very pleased with the results."

Although Fr. Martin has completed his MCU treatments, he continues to visit Active Health Center for regular chiropractic adjustments and massage. "I would certainly recommend it" he says. "I have been very pleased with them."

If you or someone you love has suffered from neck or upper back pain, contact the team at Active Health Center for an evaluation to see if the MCU treatment is right for you. **561-842-2273.**

**MCU OFFERS EFFECTIVE TESTING AND TREATMENT FOR:**

- General and Chronic Neck Pain
- Whiplash Associated Disorders
- Muscle Tension headache
- Cervical Disc Conditions
- Sports Related Injuries
- Job/Posture dysfunctions

**The MCU can treat:** • Neck pain • Headaches • Dizziness from the neck  
• Upper back pain • Arm numbness, tingling, burning



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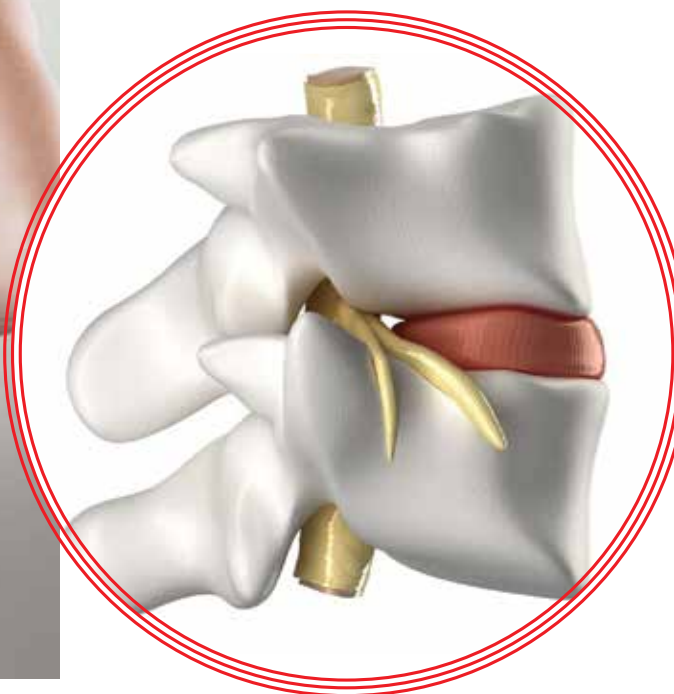
By Aaron Rosenblatt, MD

# Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



**T**he purpose of radiofrequency (RF) rhizotomy, also known as RF neurotomy or ablation, is to reduce or eliminate facet joint pain (arthritis) and related symptoms in the neck, mid back or low back. The goal of the procedure is to interrupt communication of pain between a specific medial nerve root and the brain. The medial nerve roots innervate the spine's facet joints. This is how we feel this pain.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

## BASIC FACET JOINT ANATOMY

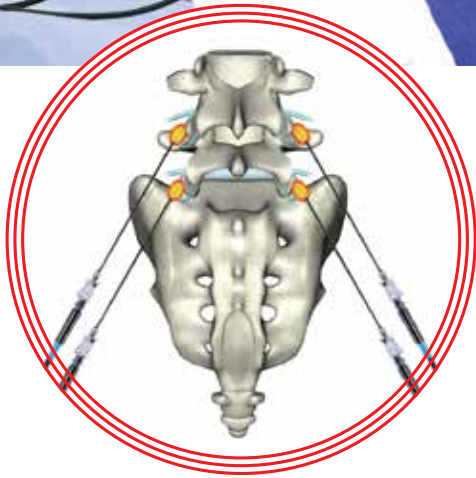
Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

## WHAT TO EXPECT DURING AND AFTER THE PROCEDURE

The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.



After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

**BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:**

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, “This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief.”

In Dr. Rosenblatt’s beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!



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# What is CBD

## AND THE MEDICAL TREATMENT IT PROVIDES?



Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:

**CANNABIDIOL**—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

### 1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

### 2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

### 3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/Anti-cancer	Combats tumor and cancer cells
Anxiolytic/Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

### 4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

### 5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, however, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it’s right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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# Cosmetic Acupuncture with Traditional Chinese Medicine

By Matthew Enright, A.P., D.O.M. - © 2016



**T**raditional Chinese Medicine (TCM) is based on traditional medical practices originating in China. TCM stems from the belief that what happens to one part of the body affects every other part of the body. Similarly, organs and organ systems are viewed as interconnected structures that work together to keep the body balanced and harmonious.

TCM is a complete medical system that recognizes true healing is a multidimensional process. This ancient holistic medical system, understands that the mind, body, spirit and emotions must all be focal points during the healing journey. The mind and the emotions play an influential role in creating wellness or illness and attracting disease.

The theory of acupuncture is based on Qi, the vital force or energy of the human body. According to TCM, Qi is circulated in all parts of the body via energy channels, meridians or pathways. This energy flow is often compared to the circulatory system and nervous system, however, should be noted and acknowledged as a separate, complex network of Microsystems interconnecting the body. If there is an interruption, blockage or imbalance in the flow of Qi in the meridians, it can lead to pain, illness and disease. Acupuncture restores the balance, thus allowing for the normal flow of qi throughout the body and restoring health to the mind, body and spirit.

Various factors affect the smooth flow of Qi, such as injury, poor nutrition, organ malfunction or infection by harmful microorganisms etc. Other factors that disturb the balanced flow of Qi are extreme climatic conditions (cold, wind, heat, damp), as well as the emotional state (pleasure, dejection, stress, despair, confusion, fear) and overall health of an individual.

## HOW DOES ACUPUNCTURE WORK?

Acupuncturists will place fine, sterile needles at specific acu-points on the body. The insertion of needles activates the body's Qi and promotes natural healing by enhancing recuperative power and activating the body's innate ability to heal itself. It also can improve overall function and well-being. It is a safe, painless and effective way to treat a wide variety of medical problems and conditions.

When the needles are inserted into specific acu-points, acupuncture triggers direct, measurable effects on the body including the following:

- Improved Circulation
- Reduced Inflammation
- Pain Relief

## Cosmetic Acupuncture / Facial Rejuvenation

### SO HOW DOES IT WORK?

Is your skin sagging, wrinkling or lacking luster?  
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Are you looking for a natural alternative to botox or plastic surgery?

Cosmetic Acupuncture may be your answer...

- Increase in collagen production, improving the elasticity of your skin.
- Remove fine wrinkles in the skin.
- Lessen deep wrinkles in the skin.
- Improve skin tone.
- Tighten pores.
- Strengthen the facial muscles firming sagging skin, helping flatten wrinkles and lift droopy eyelids.
- Increased blood circulation in the face, improving complexion.
- Clear or reduce age spots, rosacea, and acne.
- Pain free and natural therapy that improves your appearance.
- A treatment that benefits your overall health.
- You will not only look younger, but also feel younger!

Cosmetic Acupuncture is an effective non-surgical treatment to reduce the signs of aging. During the Cosmetic Acupuncture treatment for facial rejuvenation, thin sterile needles will be inserted into the face and body to adjust the flow of energy. The local insertion of needles into the superficial layers of the skin has been shown to increase collagen production in the local area, improving the tone of the facial muscles, pulling the skin tight

and flattening wrinkles for a more youthful appearance. Cosmetic Acupuncture is an all-natural procedure without danger of side effects such as swelling, scarring or a lengthy recovery time.

A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Cosmetic Acupuncture 90% had marked effects with one course of treatment. The effects include more delicate skin, improved elasticity of the skin, improvement in skin tone and overall rejuvenation.

## TREATMENT PLAN

Cosmetic Acupuncture involves treating all aspects of the individual improving overall health to improve the look of the skin. The first treatment includes a full Traditional Chinese medicine consultation, acupuncture treatment and herbal facial. Often herbal medicine, potential dietary changes and skin care products will be recommended to balance overall health and the appearance of the skin.

## COURSE OF TREATMENT

- The course of treatment is 10 visits with best results achieved with two sessions per week for five weeks (1x per week, patient will receive an at home pearl powder facial following the cosmetic Acupuncture session).
- Each visit is approximately 30 minutes to 1 hour.
- Individuals will respond differently to treatment depending on age and lifestyle.
- Maintenance may be needed once per month after the initial program and is recommended.

## About Matthew Enright, A.P., D.O.M.:

Matthew Enright is a Doctor of Oriental Medicine and currently practices acupuncture in Boca Raton [www.bocaratonacupuncture.com](http://www.bocaratonacupuncture.com) and Plantation, FL [www.ftlauderdaleacupuncture.com](http://www.ftlauderdaleacupuncture.com). Matthew is a wellness-driven acupuncturist, with 17 years' experience serving diverse populations with an emphasis on pain management, sports medicine, neurological disorders, women's health issues, cosmetic acupuncture and integrative oncology with an impressive background offering integrative care for both acute and chronic conditions.



For more information about Matthew Enright, A.P., D.O.M (FL), please visit [www.bocaratonacupuncture.com](http://www.bocaratonacupuncture.com) (561) 939-0430 or [www.ftlauderdaleacupuncture.com](http://www.ftlauderdaleacupuncture.com) (954) 835-2788



# Are Your EYES the Cause of Your Headaches and Dizziness?

**DO YOU SUFFER FROM ANY OF THE FOLLOWING:  
Migraines/Headache, dizziness, anxiety, panic  
attacks – especially when driving, neck pain, motion  
sickness, clumsiness, difficulty reading, nausea, light  
sensitivity, blurred/shadowed/doubled vision?**

Have you been to numerous doctors ( ENT, Neurologist,  
Primary Care, etc.) only to be told that there is nothing  
wrong with you?

Have you been put on many medications to help your  
symptoms but nothing seems to work?

I bet you never thought your eyes could be the cause of  
your suffering!

When you have a *binocular vision disorder* (BVD), the muscles surrounding your eyes are not perfectly in alignment. There can be a horizontal misalignment, a vertical misalignment called vertical heterophoria or both. There are six muscles that surround each eye and that control the movements of the eyes. Those muscles need to be perfectly aligned to allow vision that is clear, single and in focus. When the muscles are misaligned the brain works very hard to try and keep them stable. Symptoms of BVD occur when the body struggles ineffectively to realign the muscles.

Did you know that even a slight misalignment in the eyes can cause any of the symptoms mentioned above?

Did you know that this type of eye misalignment is not screened for or picked up on routine eye exams?

I am the only eye doctor in the state of Florida that is a certified Neuro Visual specialist and who has trained under the care of the country's foremost expert, Dr. Debra L. Feinberg. Dr. Feinberg has been practicing Neuro Visual Optometry for over 20 years and has patented her techniques and the equipment that she uses to diagnose and treat BVD. Patients have traveled from all over the world to be evaluated and treated by Dr. Feinberg. In an effort to bring this groundbreaking BVD treatment to more patients, and to make it more convenient for patients to receive treatment, approximately three years ago Dr. Feinberg began training other doctors to become Neuro Visual specialists. I am only the eighth doctor in the country to have been trained in this highly specialized field under Dr. Feinberg.

I am still amazed at how treatment for BVD helps patients the way it does. The beauty of this treatment is that your glasses become your medicine. Most of my patients are able to begin feeling better and are able to start reducing their medications for anxiety and other symptoms soon after they get their glasses.

The feeling of helping a patient get their life back never gets old. I often receive hugs and elicit tears from my patients as they realize the life-changing treatment they have received. I have had patients who haven't been behind the wheel of a car in years tell me that they now have the confidence to start driving again.



One patient told me that he got on an airplane for the first time in three years, after suffering from severe dizziness that prevented him from flying. Hearing success stories like that make this type of work so gratifying.

#### SO HOW DO I ACTUALLY HELP PATIENTS WITH BVD?

Using the highly specialized training received from Dr. Feinberg, I perform a unique evaluation that focuses on the muscles of the eyes. This completely non-invasive evaluation consists of the use of special lenses and lights to see which muscles are not in alignment. I will then use prism lenses in a pair of glasses to realign the patient's eye muscles. Prisms are special lenses that move images to where the eyes' natural position are. The use of prisms allows the eyes to relax while the glasses do all of the hard work. For those who might be concerned about how eyeglasses with prism lenses will make them look, rest assured that no one can tell the difference between standard eyeglass lenses and the prism lenses that I prescribe.

Patients have traveled great distances for me to examine and treat them. These patients are willing to try anything to feel better. They have been told that there is nothing wrong with them or that it is all in their head, when actually there is a medical diagnosis for what they have been feeling. I feel very blessed to be able to help these patients. It is the best feeling in the world!

To find out more about Binocular Vision Disorders or to see if you would be a good candidate for a Neuro Visual evaluation you can visit our website [www.iseevisioncare.com](http://www.iseevisioncare.com).

Dr. Erin Sonneberg  
is the founder and  
owner of  
iSee VisionCare located  
in Boynton Beach,  
Florida. If you would  
like to speak to  
Dr. Sonneberg about  
your symptoms, please  
call the office at  
561-733-9008.



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# What is LENS Neurofeedback and how can it work for me?

By Renee Chillcott, LMHC



**L**ENS (LOW ENERGY NEUROFEEDBACK SYSTEM) was developed in 1990 by a man named Len Ochs. This was not, however, when Neurofeedback as a science and practice was developed. Neurofeedback or it may also be known as, EEG Biofeedback, EEG Neurotherapy, or Neurotherapy has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body. EEG Neurofeedback helps you regulate the Central Nervous System (CNS) and the CNS determines how we function in life.

In a traditional Neurofeedback session, neural patterns are measured and recorded while a sound reinforcement (a beep) rewards the brain for making positive changes in the pattern. While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

With the LENS system, electrodes are placed on the head in a similar manner, however, in addition to measuring and recording the neural patterns, the LENS system sends a gentle radio wave frequency through the electrodes that matches and reduces the intensity of the electrical patterns in the brain. The ultimate goal is for the brain to be taught through the feedback of its own energy. In our office we may use the LENS system exclusively or in conjunction with traditional Neurofeedback.

#### WHAT DOES THIS MEAN TO YOU, THE CLIENT?

- Increased reduction of THETA waves, accelerating healing time. This can be very effective for ADHD clients that have a large THETA/BETA ratio as well as Traumatic Brain Injuries from accidents, chemicals, Lyme Disease, and Autism to name a few.
- As waves sent into the brain can occur quicker than auditory reinforcement, the sessions are significantly reduced. This is very helpful for autistic children who have difficulty sitting for extended periods of time and it allows us to "add" LENS onto traditional treatment protocols.
- Very effective at helping the brain re-organize neural firing patterns, most significantly, when there are "stuck" neural firing patterns. Again, accelerating healing time and improving symptoms more quickly.





### IS LENS SAFE?

LENS, as well as traditional Neurofeedback is extremely safe. As discussed in several articles and books regarding the LENS Neurofeedback system, it uses a frequency of radiowaves that is significantly less than the frequency emitted from electrical wiring within walls and “these levels are lower in intensity than the electrical field that surrounds digital wrist watches”. The frequency is also delivered in very short intervals, ranging from 1 second to 1 minute. Moreover, the LENS Neurofeedback system not only requires very little participation from the client, it also accommodates for traditional Neurofeedback artifacts of movement and restlessness. This has made LENS a highly beneficial treatment option for people on the Spectrum or suffering from motor skill impairments. Neurofeedback is an FDA approved treatment that is safe and effective for children and adults of all ages. Call us today to determine how LENS and Neurofeedback can help you.

### WHAT CONDITIONS DOES THE LENS HELP WITH?

**Cognition** – Problems sequencing, memory, providing and maintaining attention, concentration, clarity and organization.

**Mood** – Anger, sadness, explosiveness.

**Motor** – Lack of grace, problems of eye-hand coordination, balance, increased muscle tone (from spasticity) and tremor.

**Motivation** – Problems initiating tasks, shifting from one activity to another, and/or completing tasks.

**Anxiety** – Problems of anxiety system activity (too much uncomfortably-contained energy), persistent “anxiety”, restlessness, rumination, agitation, distractibility, difficulty breathing, palpitations, tremor exacerbation, and sleep interruption.

**Reactivity** – Hyper-reactivity, hypersensitivity, multiple chemical sensitivities.

**Pain** – Brain-generated pain (mis-mapping the origins and qualities of signals), and vascular pain.

**Addictions/Dependencies** – Lack of clarity about emotions and self-comforting, defensiveness, argumentativeness and cynicism.

**Fatigue** – Fatigue; or fatigue as a phenomenon secondary to the effort of trying to overcome the pain and/or the above impediment to functioning more easily.

**Performance Optimization** – Increases in functioning in the above areas in absence of any diagnosis.

### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at (561) 206-2706 or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master’s Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



**7301 W. Palmetto Park Rd.,  
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[www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).**

# RejuvaWAVE™ is a Revolutionary New Treatment that cures Erectile Dysfunction (ED)

## WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that cures ED, RejuvaWave™ is revolutionary, non-invasive and heals the underlying causes of ED. RejuvaWave™ uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

## GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.

Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine. RejuvaWave™ stimulates your body's own healing response and creates new blood vessels in the area treated. In some cases, doctors combine RejuvaWave™ with PRP (Platelet Rich Plasma) in order to add a high concentration of growth factors that work synergistically together. By treating ED patients with regenerative medicine, doctors can best restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity.

## IS IT SAFE?

Yes. This is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWave™ uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. RejuvaWave™ has virtually no risks or side effects. RejuvaWAVE™ therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015 and the results have been nothing short of amazing.

## HOW TO GET STARTED

At the Simply's Men's Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized

treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men's Health today for a private consultation today.

**RejuvaWAVE™**  
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**Call TODAY,  
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## WHAT OUR PATIENTS ARE SAYING:

**Testimonial:** I am 70 years old and have diabetes and have had heart surgery and had a stroke. I haven't had an erection in over 10 years and Viagra did nothing. I have tried several clinics and needles in the past, but nothing helped. I heard about this new treatment at Simply Men's Health, and I gave it try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

**Testimonial:** I'm 34 years old and started to experience problems getting an erection and maintaining it over the last couple of years. I had tried Viagra and hormones, but it didn't help. I heard about Simply Men's Health and made an appointment not knowing what to expect. I signed up for the 3 week EPAT therapy and the Priapus shot. After just a couple of treatments I was getting erections, but even more amazing was that the curve in my penis straightened out. The treatment was only a few minutes and relatively painless, but the results are amazing. A. B.

**Testimonial:** I'm 80 years old and married to my high school sweetheart. One day my wife asked me if I could rub a genie bottle and have one wish, what would it be? My answer was to have sex like we used to when we were young. It would take a miracle. I have had problems with ED for over 10 years and had TURP surgery for my prostate. I had gone to urologists and tried pills and nothing helped. Well, my wife said she heard a commercial for Simply Men's Health. I called and made the first available appointment. I was so scared and nervous, but the staff was wonderful and understanding. Within a few weeks my wish came true and my wife and I are so ecstatic. Ral S.

**Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!**

# 10 TIPS FOR BETTER HEART HEALTH

**Y**our heart works hard for you nonstop for your whole life. So show it some TLC. Making small changes in your habits can make a real difference to your ticker. You don't have to work on all 10 steps at once. Even if you improve just one or two of these areas, you can make yourself less likely to get heart disease. Of course, the more tips on this list you follow, the better.

## 1. Get 7 or more hours of sleep.

In one study, young and middle-age adults who slept 7 hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more. The type of shut-eye they got was important, too. Adults who said they got good-quality sleep also had healthier arteries than those who didn't sleep soundly.

If you have trouble falling asleep or staying asleep at night, or if you don't feel refreshed after a full night in bed, talk to your doctor about how healthier sleep habits might improve your slumber.

## 2. Keep your blood pressure low.

If your blood pressure gets too high, the extra force can damage artery walls and create scar tissue. That makes it harder for blood and oxygen to get to and from the heart. The heart has to pump harder and gets worn out faster. If it can't get enough oxygen, parts can start to die.

Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits (think fruits, vegetables, whole grains, and lean protein) manage your stress, and work out. These changes are often enough to bring your blood pressure back

down into the normal range. If not, your doctor might recommend you also take medication.

## 3. Cut back on saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

Also, totally quit trans fats, which are found in some processed foods. They drive up your "bad" cholesterol level. Check ingredient lists for anything that says "hydrogenated" or "partially hydrogenated" -- those are trans fats.

## 4. Get checked for diabetes.

Millions of people have diabetes and don't know it. That's risky because over time, high blood sugar damages arteries and puts you at risk for heart disease. Your doctor should test your blood sugar if you are 45 or older, if you are pregnant, or if you're overweight and have other risk factors for diabetes.

## 5. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat. Break up long periods of sitting, and stand or walk while doing things like talking on the phone or watching TV.

## 6. Eat clean foods.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta,



crackers, and cookies). One of the fastest ways to clean up your diet is to cut out sugary beverages like soda and fruit juice, which lacks the fiber that's in actual fruit.

## 7. Get to the root issues.

For many people, "emotional eating" is where they find comfort and stress relief, and how they celebrate. So if it's hard to change those patterns, it can help to talk with a counselor to find other ways to handle those situations.

## 8. Ditch the cigarettes.

Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well.

## 9. Do more of what you love.

Make it a point, too, to spend time with people you're close to. Talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart.

## 10. Celebrate every step.

Making changes like these takes time and effort. Think progress, not perfection. And reward yourself for every positive step you take. Ask your friends and family to support you and join in, too. Your heart's future will be better for it!

Source: webmd.com



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3401 PGA Blvd., Suite 440, Palm Beach Gardens, FL 33410

# Underlying Reasons for Limb Swelling

By Alyssa Parker

**M**any people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

## HOW THE LYMPHATIC SYSTEM WORKS

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

## WHAT IS LYMPHEDEMA?



Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through



medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## COMPRESSION PUMP TREATMENT

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has

accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

## POSSIBLE SYMPTOMS OF LYMPHEDEMA

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venus system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

**SOME GOOD QUESTIONS TO ASK YOUR PHYSICIAN INCLUDE:**

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?



**ACUTE WOUND CARE**

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist. **239-949-4412**  
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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.CentraSight.com](http://www.CentraSight.com) or call Dr. Goldman’s office at (561) 630-7120.





**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*

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**LAW OFFICE OF ANDREW CURTIS, ESQ**

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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